



Just Healing

Critical Mental Health Theory Reading Group

What is it?

Starting early 2022, once a month for 1.5 hours we will meet over zoom as a small group that I will facilitate. I will assign one reading and occasionally an additional video/other material per month. This is a 12 month course.

What we will cover:

- What is psychiatric diagnosis?
- The history of psychiatry and the biomedical model
- What we know (and don't know) about psychiatric drugs
- What we have learned from the survivor, consumer, peer movement
- What do we do with this information?

Who is this for?

- One group for anyone keen to learn about critical perspectives on mental health
- One group for anyone working in the realm of mental health

Who am I?

I am Natalie - a social worker and currently an adolescent and family counsellor with a wealth of experience in community mental health organisations as well as in the hospital system. I am a sessional university tutor, most recently for a unit of study on social perspectives on mental health for social work students, where I have facilitated classes of 30 students each.

The fine print:

- \$120 for the complete 12 month course

**To register or for any enquiries:
Please email me at justhealing@outlook.com**